



Join 1,000  
Texas Honor Ride  
motorcycle riders  
for a picnic and  
live music at  
Salado Creek  
Park Nov. 7  
11 a.m.-3 p.m.

## 418th Medical Logistics Company deploys in support of Operation Iraqi Freedom

Story and photos by Esther Garcia  
FSH Public Affairs Office

Family, friends, and comrades gathered at the Army Community Service Center Nov. 3 to bid farewell to more than 80 Soldiers assigned to the 418th Medical Logistics Company who are deploying to Iraq in support of Operation Iraqi Freedom.

Ceremony host, Lt. Col. Cephus Roupe, commander, 1st Medical Brigade (Provisional), Fort Hood, Texas, said "I ask the Soldiers of the 418th to be as proud of your unit's pre-deployment as I am. Your unit

has been commended for the training and preparations at Camp Bullis."

Roupe, who has been deployed numerous times, said to the Soldiers, "The medical logistics operations you are being asked to perform will save American, Allied lives, and make a difference to the Iraqi people.

You are here for your units, your Family and your nation. You know this and believe it. Otherwise, you could not leave loved ones behind."

No one believes in her Family and nation more than Spc. Tiffany Marie

See 418TH MED LOG P5



Lt. Col. Cephus Roupe, commander, 1st Medical Brigade (Provisional), Fort Hood, Texas, addresses Soldiers of the 418th Medical Logistics Company Nov. 3 during a deployment ceremony at the Army Community Service Center. More than 80 Soldiers are deploying to Iraq for 12 months in support of Operation Iraqi Freedom.

**68 DELTAS:  
SURGICAL  
TEAMS  
HOLD LIFE  
AND DEATH  
IN THEIR  
HANDS**

Pvt. 1st Class Jamie Lawson practices aseptic technique preparing a mannequin for a mock appendectomy.  
See related story  
on pages 16-17



## MICC unfurls command colors, gains new commander

Story and photos by Lori Newman  
Fort Sam Houston Public Affairs Office

The U.S. Army Mission and Installation Contracting Command held a change of responsibility and assumption of command ceremony Nov. 4 at the Sam Houston Club.

Command Sgt. Maj. Clinton Jackson uncased the colors and the outgoing director, Dr. Carol Lowman, unfurled them.

Once the colors were unfurled, Jackson passed them to Lowman who passed them to Jeffrey Parsons, execu-



Col. Stephen Leisenring, incoming commander, Mission and Installation Contracting Command, accepts the colors from Jeffrey Parsons, executive director, Army Contracting Command during a ceremony held Nov. 4 at the Sam Houston Club. By accepting the colors, Leisenring accepts the responsibilities of commander for the MICC.

See MICC P7



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# Veterans Day: A time to honor those who served with Family, friends while staying safe

By Maj. Gen. Russell Czerw  
Commanding General  
Fort Sam Houston and  
AMEDDC&S

On Nov. 11, we will celebrate Veterans Day, a national holiday to honor those American men and women who have served in our armed forces throughout our nation's history. Veterans Day is an appropriate occasion to honor America's veterans in light of the con-

tinuing sacrifices our service members are making today.

In preparation for the upcoming holidays, we must be ever mindful of safety. Unfortunately, the potential for injuries and loss of life increases during holiday periods. Seasonal changes affect the environmental conditions for driving, recreational activities, and illnesses. Planning ahead and applying composite risk manage-

ment procedures can greatly reduce risks.

Privately owned vehicle hazards and hunting accidents are major contributors to tragic holiday statistics this time of year. Leaders must evaluate their subordinates' travel plans to ensure they allow the proper amount of time to travel the distance to their destination, with frequent breaks.

Ensure that you and your Family take every-

day actions to stay healthy and follow established guidelines for flu prevention. This includes covering your nose and mouth with a tissue when you cough or sneeze, or cough into your arm. Wash your hands often with soap and water and avoid touching your eyes, nose or mouth.

I hope that all of you enjoy a safe and happy Veterans Day holiday with Family and friends.

We will remember and honor the great sacrifices of the countless veterans who have defended our freedom through the years. We follow in their footsteps by carrying freedom's torch and by upholding America's values. I wish the Soldiers, Family members, and civilians of Fort Sam Houston a safe and happy Veterans Day.

## TRICARE makes H1N1 immunizations easy for beneficiaries

Immunizations against the H1N1 virus will soon be available and people are eager to take precautions. TRICARE Prime, Standard and Extra beneficiaries can get their shots from network and non-network providers without paying a deductible or making a co-payment.

A temporary waiver allows non-active duty TRICARE Prime enrollees to get the H1N1 immunization from non-network providers without a referral or authorization, eliminating point-of-service charges. Prime enrollees will not be charged a co-payment or cost share.

Active duty service

members should follow the guidance of their respective services.

"Preventive medicine is a very important part of TRICARE's goal of keeping service members, retirees and Families healthy," said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Activity.

"To that end, we make getting vaccinated as convenient and affordable as possible. Beneficiaries should talk to their primary care manager if they have any questions about the H1N1 vaccine or other vaccines."

According to the Centers for Disease Control and Prevention,

the vaccine for the seasonal flu is not expected to protect against H1N1; immunization for the 2009 H1N1 strain is therefore recommended. Both vaccines can be administered on the same day.

CDC's Advisory Committee on Immunization Practices recommends that everyone get the H1N1 vaccine, but for certain groups vaccination is more critical. These include:

- Pregnant women
- People who live with or care for children younger than 6 months
- Healthcare and emergency medical services personnel

- Everyone between the ages of 6 months and 24 years
- People ages 25 through 64 with chronic health disorders or compromised immune systems
- Older people with diabetes, cardiovascular disease, asthma or HIV

For more information on H1N1 and other seasonal flu conditions, ben-

eficiaries should contact their primary care manager or visit the TRICARE Web site at <http://tricare.mil/flu>, or go to the Department of Defense Pandemic Influenza Watchboard at <http://fhq.osd.mil/aiWatchboard/index.jsp>.

(Source: U.S. Army Medical Command)

### Weekly Weather Watch

	Nov. 5	Nov. 6	Nov. 7	Nov. 8	Nov. 9	Nov. 10
San Antonio	77° Clear	79° Clear	79° Partly Cloudy	76° Partly Cloudy	74° Chance of Rain	74° Chance of Rain
Kabul Afghanistan	69° Clear	69° Clear	64° Partly Cloudy	51° Chance of Rain	57° Scattered Showers	60° Scattered Showers
Baghdad Iraq	80° Overcast	82° Clear	80° Clear	80° Partly Cloudy	86° Clear	84° Clear

(Source: Weather Underground at [www.wunderground.com](http://www.wunderground.com))

### Thought of the Week

These are the greatest days of your life. Don't be afraid of them. Love every minute of what you're doing. — Terry Bowden

(Source: Bits & Pieces, October 2009)



## News Briefs

### *Year of the NCO: Remembering, Honoring our Veterans*

Celebrating pride-in-service program followed by light snacks, Nov. 5, 11:30 a.m. at Army Community Service, Building 2797. Keynote speaker is retired Master Sgt. James Nier, executive director of the Texas Veterans Commission and past commander in chief, Veterans of Foreign Wars.

### *4th ESC change of command*

The 4th Expeditionary Sustainment Command will hold a change of command ceremony Nov. 7, 11 a.m. at the Quadrangle. Outgoing interim commander is Col. Girard Seitter IV (deputy commander); incoming commander is Brig. Gen. Les Carroll. Call 221-5817.

### *Retiree Appreciation Day*

Fort Sam Houston Retiree Appreciation Day, Nov. 7, 8 a.m.-1 p.m., Willis Hall, Building 2840. Program starts in Blesse Auditorium with briefings from Brooke Army Medical Center and Garrison commanders, legislative updates on military benefits from guest speaker (retired) Air Force Lt. Col. Shane Ostrom and a TRICARE For Life briefing. BAMC will provide health screenings and flu shots. Over 50 vendors will provide information on services and benefits in the courtyard.

### *Federal Employees health benefits open season*

Open season for the Federal Employees Health Benefits Program, Flexible Spending Accounts and the Federal Employees Dental and Vision Insurance Program is Nov. 9 to Dec. 14. Employees can make open season enrollments, changes or cancellations through the Army Benefits Center-Civilian Web site at [www.abc.army.mil](http://www.abc.army.mil) or calling 877-276-9287. For more information, call 221-2934/2526.

See NEWS P14

# Soldier receives Purple Heart, becomes U.S. citizen at Warrior Family Support Center

Story and Photo by Maria Gallegos  
BAMC Public Affairs

Spc. Williams Martinez was honored and recognized for his bravery with a Purple Heart at the Fort Sam Houston Warrior Family Support Center courtyard Oct. 30. A native of Santiago, Chile, Martinez was also naturalized as a U.S. citizen during the ceremony.

"My biggest joy is to be an American citizen," Martinez said. "Thank you everyone for your support and taking great care of me at BAMC and Fisher House. This is a great country and I'm proud to be an American."

Martinez was sworn in by the U.S. District Judge John Primomo, who officially validated his citizenship. Primomo said it is not every day he presides in a naturalization ceremony for someone who has fought for our country before becoming a citizen.



Brig. Gen. Perry L. Wiggins (left), deputy commanding general, U.S. Army North (5th Army), presents Spec. Williams P. Martinez with the Purple Heart Medal and a certificate Oct. 30 at the Warrior Family Support Center courtyard. His wife Dora stands next to him. Martinez was also naturalized as a U.S. citizen following the Purple Heart ceremony.

"This is an extraordinary accomplishment and I congratulate you," said Primomo.

Brig. Gen. Perry L. Wiggins, deputy commanding general with the U.S. Army North (5th

Army) was the presenter at the ceremony. He welcomed and recognized Martinez for his selfless service and brave action in receiving the Purple Heart medal.

"This ceremony is truly special. He [Martinez] has fought for our country even before becoming a U.S. Citizen is an amazing thing," said Wiggins.

Martinez was assigned to A Company, 1st Battalion, 32nd Infantry, 3rd Brigade Combat Team, Task Force Mountain Warrior, 10th Mountain Division, serving as an Infantryman in Afghanistan.

While on a dismounted patrol, he and his fellow Soldiers were attacked by sniper and indirect fire resulting in his combat injuries.

The Purple Heart is awarded to members of the Armed Forces of the U.S. wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action. It is specifically a combat decoration and the oldest military honor in the world in use.

## Combat Medic Run honors medics, re-enforces fitness with Halloween fun

Story and photos by Tiffany Boulez  
Fort Sam Houston Morale, Welfare and Recreation

More than 700 participants arrived at the MacArthur Parade Field, though the sun was not yet out, for the 29th Annual Combat Medic Run, Oct. 31.

Participants, ages 5 to 74, didn't let the cold weather hold back their fun and runners gathered and stretched prior to check-in decked out in costumes for Halloween.

The competition began with a 5K, 28-Soldier formation run, followed by a 5K and 10K 5-person guidon team, and then followed by individual runners.

"This was a great run – seeing everyone



The 187th Medical Battalion marches across the finish line showing off their "muscles T-shirts."

See COMBAT MEDIC RUN P14



# Kids + Candies = Halloween

**Army Community Service and Child and Youth Services' Halloween Fun Night, Oct. 31, offered fun, food, candy and the final outdoor movie of the season.**

Photos by Cheryl Harrison



Pvt. Colin Deuso, G Company, 232nd Medical Battalion takes a minute to relax before the doors open for those who dared enter the haunted house during the Halloween Fun Night. The haunted house, crafts, bouncies, food and candy were part of the festivities culminating with the final outdoor movie night of the season.



Spin Art was very popular with all the monsters, princesses and super heroes. "Princess" Malena Ramos, 7, concentrated on creating her masterpiece.



Four-year-old Isobella Bernadette Owen was a good little "witch" enjoying her hot dog during Halloween Fun Night.



Bella Wimbush, 3, shows off her dance moves in front of her mom, Ana Wimbush.



Flora Esparz helps her son Mark Aviles, 3, put the finishing touches on his spin art masterpiece at the Child Development Center's Family Fun Day, Oct. 30.

Photos by Tiffany Boulez

**About 180 children and parents showed up for the 14th Military Intelligence Battalion Fall Festival Oct. 24, according to battalion Family Services Advisor Nina Johnson. The battalion's Family Readiness Group held the event for Families of the 14th's Soldiers who deployed to Iraq in July.**

Photos by Gregory Rippes



Three young Halloween witches vie for treats in the cup cake/candy walk.



A little pirate prepares to sample another piece of candy after rummaging through plastic foam for trinkets and treasure.



A green witch makes off with a Halloween hot dog.



A fairy toddler places the pumpkin she helped decorate on the Roadrunner stage.



Costumed children and a few adults line up on the Roadrunner stage.



**418TH MED LOG from P1**

English Combs, whose three children will be separated and cared for by different Family members while she is deployed.

"It is sad to separate my Family but I have to do what I have to do," said Combs.

"I have a little bit of separation problems, but she is doing something good and the grandparents will be helping out a lot," said Combs husband Chris, who works on Fort Sam Houston.

Sgt. 1st Class Andre Barnes, now on his second deployment said, "Deployments are tough. Anytime you leave your Family it is tough, but we have faith that everything will be alright."

The 418th Medical Logistics Company is deploying to provide direct support for Class



**Photo by Esther Garcia**

Sgt. 1st Class Andre Barnes, 418th Medical Logistics Company, hugs his wife Tina and daughter Andrea, at the deployment ceremony Nov. 3. This will be Barnes second deployment to Iraq.

VIII supplies that include single/multi-vision optical lens fabrication and repair, and medical equipment maintenance to Corps, Division and

Joint Task Force within the area of operations; supporting front-line Soldiers combating terrorists in Iraq and re-establishing a govern-

ment infrastructure to provide humanitarian assistance to the Iraqi people.



**Photo by Esther Garcia**

Spc. Tiffany Marie English Combs spends time with husband Chris and three children who came to bid farewell to the Soldiers of the 418th Medical Logistics Company who are deploying to Iraq for 12 months.

## News Leader survey online

Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

## CAM Luncheon



**Photo by Phil Reidinger**

San Antonio Greater Chamber of Commerce Board Chairman Jim Goudge (left) and Chamber of Commerce President Richard Perez (right) present PGA Tour golfer Frank Lickliter with an eagle statue commemorating his presentation at the 2009 Celebrate America's Military kick-off luncheon. During his speech, Lickliter showed photos taken during an eight-day tour of Iraq in 2006 visiting military personnel at several forward operating bases. He and fellow golfers logged about 14 hours in helicopters touring military posts in Iraq.

## Blood donation saves lives



**Photo by Lori Newman**

Spc. James Perry, C Company, Brooke Army Medical Center draws blood from Spc. Michon La Rue, D Company, BAMC Nov. 2 during a blood drive in Blesse Auditorium at the Army Medical Department Center and School. The Akeroyd Blood Donor Center needs regular donations. To donate, visit the Center in Building 1240 on Harney Road, Monday through Friday between 7:30 a.m.-noon. All blood collected is shipped in support of Operation Enduring Freedom and Operation Iraqi Freedom to save the lives of wounded warriors, Family members and retirees at BAMC.





## MICC from P1

tive director, Army Contracting Command, who in turn passed them to Col. Stephen Leisenring, charging him with the responsibilities of commander for the MICC.

“Carol, my thanks to you and your team for all you have accomplished in the establishment of your command and setting the foundation for the future,” Parsons said.

The mission of MICC is to provide customers with a substantial return on investment by obtaining goods and services in a timely manner at the lowest cost for Soldiers and provide career management for over 1,300

military and civilian contracting personnel, explained Lowman.

“We take care of our Soldiers; we recruit them, house them, train them, mobilize and demobilize them and deploy and redeploy them. We impact their quality of life,” she said.

“Today’s Army cannot function without contractor support. Not only do contractors deliver the materiel we use to execute our mission such as tanks, helicopters and ammunition, they provide essential installation and mission support services critical to national defense, Soldiers and Families,” Parsons said.

The Secretary of the



Photo by Lori Newman

Command Sgt. Maj. Clinton Jackson uncases the colors and outgoing director, Dr. Carol Lowman, unfurls them during the Mission and Installation Contracting Command Change of Responsibility and Assumption of Command ceremony Nov. 4 at the Sam Houston Club.

Army formed an independent commission to provide a comprehensive review of the Army’s acquisition system two years ago. Known as the Gansler Commission, named for former Under Secretary of Defense Dr. Jack Gansler, the organization was given a broad charter to examine current contracting operations and provide recommendations to get Army

contracting back on track, Parsons explained.

One of the key recommendations was to restructure the Army contracting organization under one command, the ACC and establish two subordinate commands, the Expeditionary Contracting Command and the MICC.

“We must build upon our relationships with our customers and

redouble our efforts in all that we do to achieve the vision of the Gansler Commission,” Lowman said.

In closing Lowman said, “Steve, I entrust you to take good care of the MICC employees. I assure you they will take good

“We will dedicate our organization and ourselves to providing the best support to our nation’s most precious treasure, Soldiers and their Families.”

— Col. Stephen Leisenring

care of you.”

“We will continue fully integrating the MICC into the Army’s generating force and from there into the Army’s enterprise system. Most importantly we will dedicate our organization and ourselves to providing the best support to our nation’s most precious treasure, Soldiers and their Families. There is no greater honor then to support them,” Leisenring said.



## BAMC relocates Pediatrics Clinics to D Lot Complex

By Kari M. Thresher  
San Antonio Medical BRAC  
Integration Office

The Brooke Army Medical Center will relocate multiple clinical services to the newly constructed, 14-building, transitional complex

located adjacent to the west outpatient clinic entrance to BAMC beginning Nov. 9 with Pediatric services.

Parking for these outpatient clinical services can be reached by entering the I-35/George Beach Road Gate to BAMC.

Due to the Pediatric Clinic relocation, there will be limited outpatient pediatric services Nov. 9 with full operations resuming Nov. 16.

Following are the locations of services once the

See PEDIATRICS P26

## Celebrated Service



Photo by Ed Dixon

Col. Phyllis Chelette, U.S. Army Medical Command; Lt. Col. Miguel Rosado, Brooke Army Medical Center; Chief Warrant Officer William Rooks, Joint Information Operations Warfare; Sgt. Maj. Giovanni Veneziano, U.S. Army Medical Command; Master Sgt. Claudio Arzola, U.S. Army Garrison; Sgt. 1st Class Willie Russ, Headquarters and Headquarters Company, USAG; and 1st Sgt. Juan Ortiz, U.S. Army South were honored Oct. 29 during a combined retirement ceremony at the post flagpole. Brig. Gen. Manual Ortiz, deputy commander, U.S. Army South was the host for the ceremony.







## Year of the NCO

# Three USAG, HHC Soldiers cross into rank of NCO

Story and photo by

**Minnie Jones**

Fort Sam Houston Public  
Affairs

Three Headquarters and Headquarters Company, U.S. Army Garrison Soldiers, Spcs. Justin Baker, Jonathan Ramirez and Matthew Williams were promoted to the rank of sergeant Oct. 30.

Company and Family

members looked on as the insignia of specialist was removed from each Soldier and the new insignia of sergeant pinned on.

Moving from the rank of specialist to sergeant is the first step through the noncommissioned officer's echelon and with it comes a new way of thinking and behavior.

This is when a Soldier transforms from a follower to a leader and begins

living up to the creed of the NCO. They must start leading by example, enforcing Army standards, maintaining discipline and taking care of Soldiers.

Sgt. Ian Combs, team lead, caisson squadron and supervisor of the newly appointed NCOs, summed it up this way, "It's difference in attitude – it's how you see reality.

When you're junior enlisted you are only con-

cerned with what's in front of your face. You are given a job; you take care of it, OK cool. Once you become an NCO, whether its corporal or sergeant, you need to start forecasting for problems and having answers ready."

Combs pinned Baker and Ramirez, and Spc. Ashley Williams pinned her husband, Sgt. Williams.



Sgt. Ian Combs (left) pins Sgt. Justin Baker. Sgts. Jonathan Ramirez and Matthew Williams stand at attention waiting their turn for pinning on new insignias.





## Fall Football Champs



Courtesy Photo

Team B of the 264th Medical Battalion won the 32nd Medical Brigade Flag Football Post Season Tournament Oct. 21, beating out Team C of the 232nd Medical Battalion 21-14 in the last 38 seconds of the game. Team C was close to making the winning touchdown in the last quarter, and the teams were running neck and neck, but Team C lost to Team B.



### Warriors Monthly Scramble golf tournament

Warriors Monthly Scramble, Nov. 6 at 12:30 p.m. with a shotgun start at the Fort Sam Houston Golf Course. Register at the Golf Club Pro Shop. Players range from 1-4 persons. Registration fee is \$25. Call 222-9386.

### Heroes Fighting Championship

Texas Amateur Mixed Martial Arts will host the Heroes Fighting Championship Nov. 14 at the Jimmy Brought Fitness Center. Doors open at noon and the fight begins at 6 p.m. For tickets, visit [www.texas-fighter.org](http://www.texas-fighter.org) or

[www.ticketalternative.com](http://www.ticketalternative.com). Call 221-0012 for more information.

### Tower climb challenge

The Jimmy Brought Fitness Center will host a Tower Climb Challenge through Nov. 14 from 5 a.m.-9 p.m. Open to all DoD I.D. cardholders. Participants are challenged to climb some of the tallest buildings in the United States on the step mill machines. Free T-shirt awarded for racing up the equivalent numbers of steps of each landmark. Call 221-1234/1532.

### 5K Fun Run/Walk

The Jimmy Brought Fitness Center will hold its monthly 5K fun run/walk Nov. 21, 9 a.m. The race is open to the public and T-shirts are \$10. Registration forms are available at the Jimmy Brought Fitness Center. Call 221-1234.

### Varsity men's basketball coach needed

The Brigade Gym needs a Varsity Men's Basketball Coach for the remainder of the season. Call 221-3003.

### Varsity Basketball Game Schedule

Fort Sam Houston vs. Temple JC, Nov. 7, 2 p.m., at Temple JC  
 Blinn JC vs. Fort Sam Houston, Nov. 12, 7 p.m., at Fort Sam Houston  
 Daystar Warriors vs. Fort Sam Houston, Nov. 14, 2 p.m., at Jimmy Brought Fitness Center  
 Temple JC vs. Fort Sam Houston, Nov. 16, 7 p.m., at the Jimmy Brought Fitness Center  
 Fort Sam Houston vs. Gary Job Corps, Nov. 18, 7 p.m. at Gary Job Corps



# Fort Sam 10-Miler teams finish strong at nation's capitol

By Barbara Wallerstedt

PAO Navy Recruiting District,  
San Antonio

The Fort Sam Houston Rangers and Rangerettes competed in the Army's 25th Annual 10-mile race around the Nation's capitol, Washington D.C., Oct. 4, finishing well.

The Rangerettes placed third in the Active Duty Women's category with a composite overall time of 4:46:56; 2nd Lt. Samantha Wood coming in at an impressive 1:04:23 for the team.

First Lt. Chelsea Kendrick (1:11:38), Capt. Lauris Trimble (1:13:33), Navy Cmdr. Mery-Angela Katson (1:15:38) and 2nd Lt. Kim Hendricks (1:21:44) improved individual trial run times by

five to 10 minutes, contributing to the team's finish.

The Rangers claimed a respectable 12th place in the Active Duty Men's Category, with Maj. Matthew Mapes leading the pack and finishing in 1:02:35, a 6:15 pace, with Spc. Tsegay Tesfamichael 14 seconds behind at 1:02:49.

Both were closely followed by Spc. Darryn Gradhandt (1:03:30) and Lt. Col. John Parsons (1:03:36). Sgt. Michael Briggs ran a 6:53 pace and finished strong.

Runners started at the Pentagon, crossed the Potomac River, headed to the Lincoln Memorial, passed Watergate, the Washington Monument, and crossed the National

Mall in front of the Nation's Capitol before returning to the Pentagon.

The 10-Miler was a tough competition for both teams, but the coach, retired Sgt. Maj. John Purnell, was pleased and confident that they were properly trained and mentally prepared for the challenge.

Purnell is in charge of the Run-A-Way Athletic Club and is currently preparing runners and walkers for this year's San Antonio Rock 'N' Roll Marathon.

Both teams represent FSH throughout the year and ran the 29th Annual Combat Medic Run held in honor of Combat Soldiers.



Members of the Fort Sam Houston Rangers and Rangerettes pose for a photo at the 25th Annual 10-Miler



Photo by Tiffany Boulez

John Smith accepts his award for the fastest time in the 5K from U.S. Army Garrison Commander Col. Mary Garr.

### **COMBAT MEDIC from P3**

participating. We really appreciate all the support from the community and the Soldiers. We even had some wounded warriors out here running this morning," Command Sgt. Maj. Raymond Houston said.

Runners were treated to warm pizza, pasta bowls and sweet tea, after the race.

"The race originally

began as a fundraiser for the Medic Museum," said U.S. Army Garrison Commander Col. Mary Garr.

"But it has since evolved in to a community event honoring the Combat Medics past and present as well as reinforcing the Army's focus on Soldier and Family fitness as well as the Army Family Covenant."

Fastest runner for the

5K was John Smith with a pace of 5:50, followed by Nick Secrest and Lt. Col. Doug Lougee. The best time in the 10K run was Geoffrey Washburn with a pace of 6:01. Landson Cross, and Spc. Tsegay Tesfamichael finished second and third respectively.

Awards were given for the top overall individual male and female runners in each age category; the top three 28-Soldier 5K

formations; the top 10K five-person guidon team (all team members finished together); and ribbons to the first 200 walkers.

Each participant was given a T-shirt provided by Morale, Welfare and Recreation. Fort Sam Houston will host the 30th Annual Combat Medic Run, Oct. 30, 2010. Call 385-8248 or visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

### **NEWS from P3**

#### ***San Antonio Military Defense Technology & Intelligence Career Fairs***

Nov. 10, 10 a.m.-2 p.m. at the Sam Houston Club

Nov. 11, 12-4 p.m. at the Kendrick Club, Randolph Air Force Base

Nov. 12, 10 a.m.-2 p.m. at Kislung Community Center, Lackland Air Force Base

Career fairs open to job seekers with military I.D. or a CAC only. Active security clearance is preferred. Bring many resumes to hand out and submit. To register, visit [www.TransitionCareers.com](http://www.TransitionCareers.com).

#### ***Veterans Day Commissary hours***

The Fort Sam Houston

Commissary hours are 9 a.m.-5 p.m. on Veterans Day, Nov. 11. No early-bird shopping.

#### ***BAMC flu vaccines***

The flu vaccine will be offered Nov. 13 and 24 for beneficiaries 18 years and up, and Nov. 20 for 5 years and up. The flu vaccine will also be offered to retirees only at Retiree Appreciation Day, Nov. 7, Willis Hall, Building 2840. All beneficiaries may receive their flu vaccine at their enrolled clinic or the BAMC allergy and immunization clinic beginning Dec. 2, during usual clinic immunizations walk-in hours. For a complete list of clinic walk in times and update information on the flu fair dates, visit [www.sammc.amedd.army.mil](http://www.sammc.amedd.army.mil) or check with the BAMC information desks, at either side of the main entrance.

#### ***Pet vaccination clinics***

The Fort Sam Houston Veterinary Clinic will offer low cost pet vaccinations or all Lincoln Military Housing residents who own pets. Nov. 14 from 8 a.m.-12 p.m. on the patio of the Watkins Terrace Community Center; Dec. 19 from 8 a.m.-12 p.m. on the patio of the Harris Heights Community Center; and Jan. 9 from 8 a.m.-12 p.m. on the patio of Building 407, the Main Resident Center. The cost is \$10 each for Distemper/Parvo, Lepto and Rabies and \$20 for 4DX HXT. Payment by cash or check only. For more information, call 295-4260.

#### ***National Education Week***

Area colleges and universities will be at the Army Community Services auditorium Nov. 17, 9 a.m.-2 p.m. and Brooke Army Medical Center's Medical Mall Nov.19-20, 9

a.m.-3 p.m. to share information on various degree programs including degrees in the medical field, Homeland Security, and business.

There will also be a "College Night" Nov. 18, 4:30-6 p.m. at the Teen Center, Building 2515. Local college representatives will be present to speak with teens about college programs. For more information, call 221-1738.

#### ***National American Indian Heritage celebration***

The Brooke Army Medical Center Equal Opportunity Program will host a National American Indian Heritage Month celebration Nov. 19, 12-1 p.m. in the BAMC Medical Mall. For more information, call 916-0830.

#### ***Quadrangle closure***

The Fort Sam Houston Quadrangle will be closed through Nov. 14.



# Recycling on Fort Sam Houston and Camp Bullis

**By Pat Seader**

U.S. Army Garrison Department of Public Works, Environmental Division

Recycling mixed office paper has been ongoing on Fort Sam Houston for several years, but paper products are just one of many items recycled on post.

The Installation Hazardous Waste Management Office recycles used oil, radiator coolant, tires, wooden pallets, oil filters, scrap metal, engine coolant, anti-freeze, batteries,

cardboard, electronics, toner cartridges, and fluorescent light bulbs. All of these items can be turned in to the HWMO, Building 4055, Room A24.

When it comes to recycling mixed office paper, building occupants should have bins at their desks to place paper for recycling. It is each organization's responsibility to purchase bins. The government has a GSA contract with a vendor you can purchase recycle bins from.



Photo by Pfc. Jennifer Kennemer

An aluminum recycling bin is filled with empty energy drink cans.

If your building trash is collected by the post custodial contractor, the

custodian empties the recycle bins on Monday and takes them to the

closest green dumpster on FSH. Green dumpsters are emptied weekly.

Occupants whose buildings do not receive custodial service from the post custodial contractor, place mixed paper into one of the green recycling dumpsters located on FSH; don't stack it outside the container because it will just become windblown trash creating another problem.

Recycling containers are currently located at Buildings 122, 368, 902, 1001, 1029, 1094, 1279,

2017, 2256, 2263, 2521, 2640, 2792, 2840, 4011, 4196, and 4197 on FSH.

Used oil from recycled machinery turned into HWMO is tested in-house then recycled or sent out as hazardous waste.

If you experience problems with the custodial contractor or prior bringing items to HWMO, please call one of our recycle team members at 295-4813, e-mail [pat.seader@us.army.mil](mailto:pat.seader@us.army.mil); or call 295-0936, e-mail [Thomas.gayer@us.army.mil](mailto:Thomas.gayer@us.army.mil).



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Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.





Spc. Andrew Boyd gets sweat wiped away from his forehead. He cannot do this task as he would break his sterile technique.



Pvt. 1st Class Jennifer Burket (left) and Pvt. 1st Class Jamie Lawson sort instruments

# 68 Deltas: Surgical Technicians

Story and photos by L.A. Shively  
Fort Sam Houston Public Affairs

A strong camaraderie tacked onto a “humorous” look at life defines the Army surgical technician’s character, perhaps best satired in the television series “M.A.S.H.”

During the training at Fort Sam Houston, three operating rooms are going at once. Army surgical technician students are preparing for a mock appendectomy and their instructors are barking orders and explaining tasks. There is loud rock music in one room and all three instructors are sporting colorful surgical caps that express their unique personalities.

Jokes are exchanged occasionally between surgical team members, but the work is dead-pan serious.

Army Surgical Technicians, also known as Operating Room Specialists or 68 Deltas, care for wounded Soldiers on the battlefield when a surgeon is not available and are responsible for operating room management on and away from the field.

Surgical technicians prepare the operating room prior to surgery gathering and arranging supplies and equipment. Techs create and maintain the sterile operating field, and during surgery, techs count items such as sponges, pass instruments and supplies to the surgeon or surgical assistant and may be responsible for handling and labeling specimens sent to lab.

After surgery, techs remove and transport used instruments and supplies from the operating room to central supply for cleaning and sterilization, and prepare the operating room for the next patient.

The surgical technician is a vital member of the surgery team according to Mamie Underwood, an instructor at the Fort Sam Houston Department of Nursing Science.

“The technician can stop everything,” Underwood said, adding the surgeon and especially an intern who is training is dependent on the tech to do the right thing.

The job can be very stressful. If a room is not prepared in a timely fashion, the surgeon could be left standing at the doorway, twiddling his thumbs

and shouting. “When are you gonna be ready?” said Underwood alluding that a patient’s life and well being is in the hands of the tech as much as in the hands of the surgeon.

“Speed is of the essence in the OR because you don’t want a patient to lie there any longer than they have to. You don’t take your time; you don’t drag your feet. You make every step count.”

Training is intense and taught in two phases. Phase I is the didactic part of the course, where instruction occurs in the classroom and with simulated, hands-on training in the operating rooms. Films of surgery in combat are used to prepare students for dealing with the most brutal types of wounds such as blast injuries and instructors watch their trainees for reactions.

“If they’re going to react, they react here – averting their eyes from the screen, sweating and getting pale. We talk to them and they have to tell us what bothered them and how they physically and mentally felt,” Underwood said.

She says students may cry because they get so upset realizing the surgical technician line of work is not what they want. The films also help students learn to keep personal feelings out of the operating room.

The Phase II portion is an actual hands-on experience. Students go to the Audie Murphy Veterans Memorial Hospital or other hospitals in San Antonio and work with surgeons and nurses on cases with real patients, often “scrubbing in” every day, several times a day.

Scrubbing in or scrubbed refers to the aseptic nature of the work a tech does in the operating room. The scrub is a tech whose hands and arms are scrubbed clean and are directly responsible for the aseptic area in the operating room. A circulating tech does not handle sterile instruments or supplies, but assists the scrub tech in surgery with moving lights, equipment, labeling, and other duties.

The role of the surgical tech has evolved over the years. Registered Nurses or RNs used to be tasked with scrub and circulation responsibilities in the operating room until recently.

“The operating room technician we know today did not come forward until

after the Korean War,” said John Martinez, also a surgical tech instructor at DONZ. Martinez was an Army corpsman.

“During Korea they had a need for people to be there assisting the surgeons. Here in the States it would be nurses but then medical corpsman were taught to do the same things. When we came back and started getting out of the Army there was a need because hardly anyone was working in the medical field, so the technicians who were military veterans would work in the hospitals.”

Martinez said that much of today’s advances in emergency medicine are a result of the knowledge gained by the military treating battlefield injuries and credits the techs for sharing their hard-earned skills.

“It’s cyclic because at first your technicians were in the operating room doing the work and teaching the nurses, then suddenly the nurses took over and it was a nurse thing. It’s evolving again – on the battlefield you’re not going to have that many nurses doing those kinds of procedures because they have other duties. The technician, once again, is doing a lot of the things the nurses would be doing.”

Both Martinez and Underwood chuckle at the irony. Though surgical technicians are often as skilled as nurses, they do not hold a degree after Army training, though that might change in the future according to Underwood.

But certification doesn’t guarantee the quality of work said Martinez.

“It takes a special kind of person to do this job not everyone can do it. You have to have a great amount of compassion for your fellow man because there are times when you’ll be roust out of bed at 2 or 3 o’clock in the morning to assist on a surgery that will last 10-12 hours,” Martinez said.

Not an 8 to 5 job? “Well, maybe for the instructors,” Martinez jokes, and he and Underwood share a hearty laugh.



Spc. Andrew Boyd, the scrub tech, practices sterile technique taking a piece of equipment from Sgt. Brandi Gardner, the circulating tech.



Staff Sgt. Zulaika Peleone (right), a surgical technician instructor guiding her team through a mock appendectomy, signals time out, indicating the patient has arrived in the room. When the patient arrives, all present stop their tasks to double check that it is the right person matching the procedure to be performed, that all are on the same page.



Spc. Andrew Boyd (center), the scrub tech, does a “dressing gown dance” as he dons the gown in preparation for a mock appendectomy with assistance from Sgt. Brandi Gardner, the circulating tech while instructor Staff Sgt. Michael Adkins watches.



The surgical technician team prepares for a mock appendectomy.



Pvt. 2nd Class Maurissa Cummings (left), Pvt. 1st Class Jennifer Burket and Pvt. 1st Class Felicia Faumuina fold surgical towels for storage.



A surgical technician student checks a filter for rips or tears indicating that the sterile instruments the filter protected might be contaminated. His action is part of a choreographed series of tasks the students learn while preparing the operating room for surgery.



Spc. Andrew Boyd (center), the scrub tech, dons surgical gloves practicing sterile technique.



Spc. Andrew Boyd (right), the scrub tech, checks the expiration date on saline solution in preparation for a mock appendectomy with assistance from Sgt. Brandi Gardner, the circulating tech.



**NOTICE:**  
Parents of Robert G. Cole Middle and Senior High School students are invited to attend the Cougar Pride Club's General Membership meeting Nov. 9 at 5:30 p.m. in the Cole Media Center. Don't miss out on this opportunity to get involved with your child's education.

**FORT SAM HOUSTON  
INDEPENDENT SCHOOL DISTRICT  
WEEKLY CAMPUS ACTIVITIES  
NOV. 9-14**

- Fort Sam Houston Elementary School**  
**Nov. 11**  
Veterans' Day/school holiday
- Robert G. Cole Middle and High School**  
**Nov. 9**  
Cougar Pride Club meeting in media center, 5:30 p.m.
- Nov. 10**  
Girls JV/V basketball vs Canyon Lake, 5:30 and 7 p.m.
- Nov. 11**  
Veterans Day
- Cross country regional meet at Brooks City Base, TBA  
Girls JV/V scrimmage vs. Jefferson High School, 11 a.m. to 12:30 p.m.
- Nov. 13**  
Swim meet at San Antonio Natatorium, 5 p.m.  
Girls JV/V basketball vs. St. Anthony, 5:30 and 7 p.m.
- Nov. 14**  
Academic Decathlon practice at Boerne Champion School, all day  
Cross Country state meet at Round Rock, TBA  
JROTC Turkey Shoot at rifle range, 10 a.m.

# FSH Elementary 5th graders attend science camp

**By Kathy Maxwell**  
Fort Sam Houston Independent School District

Fort Sam Houston Elementary School fifth grade students traveled to Brownwood, Texas, Oct. 15, to participate in an overnight environmental education laboratory experience that enhanced their classroom instruction.

The Building Environmental Stewards Today and Tomorrow camp was held in the 4-H Conference Center and

sponsored by Texas A&M University.

A grant exceeding \$7,000 allowed students to attend the camp at no cost.

"The students were so excited to be at the camp. They were really engaged in the activities and had a wonderful bonding experience as a fifth grade team," said Charli Mullen, a fifth grade teacher.

Students traveled to Lake Brownwood, ate dinner in a dining hall, and participated in a star

gazing party and campfire before 'lights out' in air-conditioned dormitories.

Brenda Rolfe, AgriLife Extension Program Assistant with Texas Military 4-H and fifth grade parent, laid the groundwork to secure the grant and even pulled chaperone duty.

"I believe every child learned from this experience. This was a worthwhile endeavor for our military dependent children," Rolfe said.

After breakfast, stu-

dents reviewed safety guidelines before kayaking, shooting archery, hiking and aquatic science activities.

"My favorite was archery because it taught me a skill that could become a hobby or sport for me for life," said Ben Miller.

"I really liked the kayaking because I love the water and working as a team," Anja Burkman-Flaig said.

## Elementary students enjoy reading to dogs

**By Kathy Maxwell**  
Fort Sam Houston Independent School District

Fort Sam Houston Elementary students are going to the dogs ... literally, to read, through arrangements made by reading teacher, Mary Harrell and Intermountain Therapy

Animals.

Intermountain Therapy Animals is to enhance the quality of children's educational lives through the human-animal bond. The mission of the Reading Education Assistance Dogs program is to extend and to enhance children's reading skills through direct contact with therapy animals.

Currently, students in the first, third and fourth grades interact with the

service animals.

"It is so sweet to watch the children reading with an arm or leg around the dog. The dog makes a wonderful vehicle for communication," Harrell said.

In the reading classroom, Harrell selected children who would most benefit from the program. The handler and the dog read with the same children every

week.

Documented benefits of the R.E.A.D. program include, "a tendency to forget about their reading limitations and increased relaxation. That is exactly what is happening for these young readers." Harrell said.

More information about the R.E.A.D. Program, can be found at [www.therapyanimals.org](http://www.therapyanimals.org).

## PRINCIPAL'S STUDENTS OF THE MONTH

Each month Cole Junior and Senior High School recognizes one student from each grade level for his or her outstanding attitude, citizenship, and overall contribution to the school. Students are nominated by teachers and one student is selected by the faculty of each grade level. Recipients for October 2009 are (back row, left to right) Josiah Brown, 12th grade; Ryan Schaale, 11th grade; Mason Starnes, ninth grade; (front row, left to right) Mardio Lattimore, eighth grade Jonathon Cruz, sixth grade; Catherine Sherbourne, 10th grade; and Colleen Juni, seventh grade.



Courtesy photo

## Cole runners advance to regionals

By Robert Hoffmann

Fort Sam Houston Independent School District

The Robert G. Cole High School Boys and Girls Cross Country teams competed in the District 27-2A Cross Country meet Oct. 28 at Comfort, Texas.

The boys squad finished in second place overall and will advance to the regional meet at Brooks City Base on Nov. 7.

The girls team finished in fourth place overall. Dominique Edmonds will be the lone representative at the regional meet for the girls due to her individual medal at the district.

Notable Individual finishes included:

Evan Garr – Third place Varsity boys  
Seth Lougee – Fifth place Varsity boys

Cassidy Busbin – Ninth place Varsity boys  
Wesley McGhee – 10th place Varsity boys  
Dominique Edmonds – 10th place Varsity girls  
C.J. Christman – Fifth place JV boys

## FSHISD school board members needed

Fort Sam Houston Independent School District is accepting nominations for two positions on the Board of Trustees. Nominees for the Board of Trustees may be a Soldier, military Family member or a civilian employee residing or employed on Fort Sam Houston. Nominees should have an anticipated retention date at this location through Oct. 11, 2011; be a registered voter in the state of Texas and have been a resident

in the state of Texas for 12 months on or before Oct. 20. Individuals nominated must volunteer and be willing to serve on the Board of Trustees without pay. Nominees must submit their resume and memorandum by close of business Nov. 20. For more information, contact Brenda Berry, chief, Child, Youth & School Services or Ruth Mitchell, CYSS administrative assistant at 295-4806 or e-mail [ruth.mitchell@us.army.mil](mailto:ruth.mitchell@us.army.mil).





## Announcements

### Free U.S. Army All American Bowl tickets

The Sam Houston Club will be distributing a limited amount of free tickets for the U.S. Army All American Bowl to authorized DoD I.D. cardholders. The game will be held Jan. 9 at the Alamo Dome. There will be a limit amount of four tickets per person, on a first-come, first-served basis. Call 226-1663.

### “Plaid Tidings”

“Plaid Tidings” will be performed at the Harlequin Dinner Theatre through Dec. 19. Dinner is served at 6:15 p.m. followed by the show. Tickets are \$26/military, \$29/civilian

Monday through Thursday and \$29/military, \$32 civilian, Fridays and Saturdays. Call 222-9694 or visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com).

### You're Hired program

Child, Youth and School Services is now accepting applications at the central registration office for the HIRED! apprenticeship program. The program provides high school students 15 to 18-years-old career exploration opportunities and valuable work experience in Family and Morale, Welfare and Recreation operations. A cash prize is awarded upon completion of the program. Candidates must be a child of an active duty military member, DoD civilian, DoD contractor, active duty reservist or retiree, currently attending high school, and possess and maintain at least a 2.0 grade point average throughout the 12-week term. For more information, call 221-3164/3386.

### EDGE Program

The EDGE Program offers out-of-school opportunities for children 6 to 18-years-old to experience, develop,

grow and excel through participation in cutting-edge art, fitness, life skills and adventure activities. The program is open to children of all branches of the military, DoD civilians, government contractors and retirees. Activities are free for 11 to 18-year-olds and fees are assessed according to DoD fee policy for 6 to 10-year-olds. To register, call 221-4871 or stop by the Child Youth and School Services Central Enrollment, Building 2797. For more information on the EDGE Program, call a CYS Services representative at 771-2148 or 954-2088.

### CYSS Basketball registration

Child, Youth and School Services will hold 2009 basketball registration for children 3 to 15-years-old through Nov. 20, 8:30 a.m.- 4:30 p.m. in Building 2797, Nov. 6 and Nov. 20, 8:30 a.m.-1 p.m. Registration is \$50 and participants must be up to date on their physicals and shot records in order to register. Children unable to register during regular business hours may register Nov. 14, 10 a.m.-4 p.m.

CYSS basketball is also looking for volunteer coaches. Call 221-4871.

### Heroes' Tree Celebration

Keith A. Campbell Memorial Library will host a Heroes' Tree Celebration through Nov. 12. The celebration will be held to recognize the significance of the selfless service of Soldiers, Sailors, Airmen and Marines. Individuals wishing to participate by placing an ornament on the tree may bring a photo with a brief story describing the hero. The photos cannot be larger than 3 inches by 3 inches. Call 221-4702.

### Canyon Lake winter specials

Canyon Lake will offer winter specials through March 1. Rent one night accommodation and get the second night half price; plus \$25 off all-day rentals of pontoons and fishing boats. Room rental not required for boat special. Boat rental discount is only applicable at Canyon Lake. Call 830-226-5357 or 1-888-882-9879.

### CYSS Central Registration

The Child, Youth and School Services Central Registration office hours of operation are Monday through Friday 8 a.m. to 5 p.m., registration after 4:30 p.m. is by appointment only. The office will close at 1 p.m. the first and third Friday of each month. Registration and Health Assessment forms are available at [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com), under the Soldier and Family services tab. Call 221-4871/1723.

### H.U.G.S. playgroup

Helping Us Grow Securely playgroup for parents and children ages birth to 5-years-old meets Tuesdays, 9-11 a.m. at Dodd Field Chapel, Building 1721, for interactive fun play. Registration is not required. Call 221-0349/2418.

### English as a second language class

English as a second language is offered Mondays and Wednesdays 5-8 p.m. at Army Community Service, Building 2797. This class is free and designed especially for foreign-born

spouses to improve reading comprehension, vocabulary and pronunciation. To register, call 221-1681/9698.

## Calendar of Events

### NOV. 5

#### Mandatory Initial First-Termer Financial Readiness

Mandatory Initial First-Termer Financial Readiness class, 10 a.m. at Army Community Service, Building 2797. Class space is limited. To register, call 221-1612.

#### Active Parenting for Stepfamilies

Active Parenting for Stepfamilies class begins Nov. 5 from 11 a.m.-1 p.m. at the Red Cross, Building 2650. This class is a six part series meeting each Thursday. To register, call 221-0349/2418.

#### Vacation Planning

Vacation Planning class, 2-4 p.m. at Army Community Service, Building 2797. This class will help

**SeeMWR P21**

**MWR from P20**

develop a budget and plan for vacation-related expenses, offer money-saving tips, military resources and checklists to complete before leaving home. Class space is limited. To register, call 221-1612.

**Storytime at the library**

The Keith A. Campbell Memorial Library will host storytime for toddlers and preschoolers Nov. 5 and Nov. 19, 3:30 p.m. Call 221-4702.

**Five Love Languages**

Five Love Languages class, 5:30-7 p.m. at Army Community Service, Building 2797. This three part series meets Thursday evenings. This class will improve your understanding of each other and explore communication styles. To register, call 221-0349/2418.

**NOV. 6  
Post-Deployment Planning**

Post-Deployment Planning training, 9-10:30 a.m. at Army Community Service, Building 2797. This training is designed to increase

the Spouse's ability to face deployments with resilience and strength, allowing smother reunions. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Getting Ready for Childbirth**

Getting Ready for Childbirth class, 1-4 p.m. at Army Community Service, Building 2797. To register, call 221-0349/2418.

**NOV. 7  
Post-wide garage sale**

A post-wide garage sale will be held 7 a.m.-1 p.m. Items will be sold from individual homes as well as the MacArthur Parade Field parking lot at Worth and Stanley roads. All sellers must register through the Morale, Welfare and Recreation Outdoor Equipment Center. Participants may rent tables and chairs from the Outdoor Equipment Center on a first-come, first-served basis. For more information or to register, call 221-5224/5225.

**NOV. 9  
Pre Deployment Planning training**

Pre-Deployment Planning training, 9 a.m.-3 p.m. at Army Community Service, Building 2797. This training is designed to increase the Spouse's ability to face deployments with resilience and strength, allowing easier separations. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil

**Using Credit Wisely**

Using Credit Wisely class, 2-4 p.m. at Army Community Service, Building 2797. Learn how to manage credit cards and debt, and the importance of protecting credit history. To register for classes or for more information, call 221-1612.

**NOV. 10  
Word Level 2**

Microsoft Word Level 2 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Basic computer skills, Word Level 1 and registration required. Call 221-2518.

**Re-Entry workshop**

Re-Entry workshop, 10-11 a.m. at Army Community Service, Building

2797. This class is for those coming from an overseas assignment with cultural adaptation, teen culture, financial adjustments and emotional factors. Call 221-2418.

**NOV. 14  
National Gaming Day at the Library**

The Keith A. Campbell Memorial Library will hold National Gaming Day at the Library, 1-4 p.m. for middle-school and high-school students. Nationa Gaming Day pays homage to the educational and social value of video and board games.

**“Friday Night Lights” stars visit**

Stop by the Fort Sam Houston Post Exchange, 4-5 p.m. and meet some of the stars of the NBC football hit “Friday Night Lights.” Cast members include Kyle Chandler, who plays Coach Taylor, and Connie Britton, who plays Tami Taylor. Call 221-0012.

**NOV. 19  
Spouse’s Quarterly Orientation**

Spouses Quarterly Orientation,

10 a.m.-12 p.m. at Army Community Service, Building 2797. This orientation is designed to introduce Army spouses to available resources, support service, employment opportunities, and the opportunity to sign up for classes or training offered to the Soldier and entire Family. Call 221-2705/0516.

**NOV. 20  
Texas Hold’em Tournament**

The Sam Houston Club will host a Texas Hold'em Tournament Nov. 20 from 6 p.m. until completion. Prizes will be awarded to the top eight players. A participation fee of \$20 is due at time of registration and includes a meal and drinks. To register, call 226-1663.

**NOV. 21  
Turkey Bowl**

The Strike Zone Bowling Center will hold its annual Turkey Bowl, 6-10 p.m. Patrons will receive two free games. Call 221-4740.

**Hearts Apart support group**

Hearts Apart support group, 1-3 p.m. at Army Community Service,

Building 2797. This group is designed for military spouses whose partner is deployed or geographically separated to meet others in similar situations and enjoy refreshments and prizes. Registration is required. Call 221-2418/2705.

**NOV. 26  
Thanksgiving Day Brunch**

The Sam Houston Club will host a Thanksgiving Day Brunch, 10 a.m.-1 p.m. The cost is \$21.95/non-members, \$18.95/members, \$8.95/children ages 6-11, children 5 and under free. For reservations, call 226-1663 or 224-2721.

**DEC. 9  
Holiday tree lighting ceremony**

The second annual Fort Sam Houston holiday tree lighting ceremony will be held Dec. 9, 6- 8 p.m. at the garrison flagpole. There will be holiday arts and crafts, refreshments, pictures with Santa Clause, caroling, performances by the Army Medical Command Band, artificial snow and a sledding hill.



## Rocco Dining Facility Menu

Building 2745, Schofield Road

### Friday — Nov. 6

#### Lunch — 11 a.m. to 1 p.m.

Barbecued spareribs, barbecued beef brisket, baked chicken, fried catfish, steamed rice, red beans and rice, lyonnaised potatoes, macaroni and cheese, wax beans with pimentos, corn on the cob, collard greens

#### Dinner — 5 to 7 p.m.

Roasted pork loin, beef lasagna, fried shrimp, barbecued roast pork loin, broccoli quiche, rice pilaf, sweet potatoes, black-eyed peas, green beans, okra and tomato gumbo

### Saturday — Nov. 7

#### Lunch — noon to 1:30 p.m.

Chicken stir fry, breaded veal steaks, lemon herb baked fish, spaghetti with marinara sauce, steamed rice, mashed potatoes, baked potatoes, fried cabbage, zucchini squash, wax beans

#### Dinner — 5 to 6:30 p.m.

Chili macaroni, fried chicken, chicken breast with orange sauce, cheese manicotti, steamed rice, balsamic baked sweet potato wedges, lyonnaised rice, Brussels sprouts, corn, vegetable stir-fry

### Sunday — Nov. 8

#### Lunch — noon to 1:30 p.m.

Roast beef, rice frittata, baked stuffed fish, chicken fajitas, Spanish rice, refried beans with cheese, new potatoes, green peas,

cauliflower, stewed tomatoes

#### Dinner — 5 to 6:30 p.m.

Roast turkey, baked tuna and noodles, char-broiled meatballs with brown gravy, potato frittata, bread dressing, mashed potatoes, steamed rice, carrots with almonds, Harvard beets, cauliflower combo

### Monday — Nov. 9

#### Lunch — 11 a.m. to 1 p.m.

Veal parmesan, chicken and dumplings, braised spareribs, mustard dill fish, mushroom quiche, spaghetti noodles, rice pilaf, candied sweet potatoes, broccoli, French-style green beans, corn

#### Dinner — 5 to 7 p.m.

Beef lasagna, vegetable lasagna, fried chicken, baked chicken, meat loaf, oven glo potatoes, steamed rice, macaroni and cheese, green beans, pinto beans, carrots

### Tuesday — Nov. 10

#### Lunch — 11 a.m. to 1 p.m.

Beef fajitas, chicken fried steak, pepper steak, roast turkey, cheese tortellini, Spanish rice, cornbread dressing, browned rice, baked potatoes, fried cabbage, Spanish-style beans, peas and carrots

#### Dinner — 5 to 7 p.m.

Chicken enchiladas, cheese enchiladas, baked stuffed pork chops, Salisbury steaks, scalloped potatoes, lyonnaised rice, baked potatoes, pinto beans, yellow squash, Brussels sprouts

### Wednesday — Nov. 11

#### VETERANS DAY HOLIDAY HOURS

#### Lunch — noon to 1:30 p.m.

Beef stroganoff, apple-glazed corned beef, teriyaki baked chicken, shrimp stir fry, cheese ravioli, German potato cakes, garlic buttered potatoes, egg noodles, wild rice, asparagus, cream-style corn, mixed vegetables

#### Dinner — 5 to 6:30 p.m.

Baked knockwurst, Swiss steak with brown gravy, baked stuffed fish, Caribbean chicken breast, cheese manicotti, steamed rice, mashed potatoes, Franconia potatoes, sauerkraut, lima beans, okra and tomato gumbo

### Thursday — Nov. 12

#### Lunch — 11 a.m. to 1 p.m.

Sweet and sour chicken, chicken stir fry, Creole macaroni, breaded pork chops, vegetable egg rolls, au gratin potatoes, steamed rice, fried rice, black-eyed peas, zucchini squash, Chinese fried cabbage

#### Dinner — 5 to 7 p.m.

Cantonese spareribs, baked Cornish hens, broccoli quiche, chili macaroni, Filipino rice, mashed potatoes, baked potatoes, steamed rice, vegetable stir fry, buttered succotash, green beans

*Menus are subject to change without notice*

## For Sale Fort Freebies

**For Sale:** Diamond engagement ring, .75 carat, white gold, size 6 1/2-7, certification and insurance papers, purchased from Kay Jeweler, paid \$1,725, asking \$1,400. Call 657-2450 after 4:30 p.m.

**For Sale:** BowFlex Ultimate II, \$2,400 value, asking \$800. Call 822-6064 evening or 259-6286.

**For Sale:** Dinette set with four chairs, \$125; twin mattress set, \$80; daybed frame, \$50; sofa and love seat, \$350. Call 363-9685.

**For Sale:** Full-size Croscill bedspread comforter, beige and floral pattern, two shams and dust ruffle, \$35; queen-size bedspread comforter, navy and floral pattern, two shams and dust ruffle, \$30. Call 495-2296.

**For Sale:** Wood grain wall unit entertainment center, 6 feet high by 5 feet

wide by 17 inches deep, \$150; pillow back sofa sleeper and loveseat, earth tones, \$225 obo; baby crib, needs refinishing, \$25; Replogle Hastings tabletop globe, \$30. Call 371-7833.

**For Sale:** 1983 Winnebago mobile home, sleeps five, A/C, diesel, needs minor maintenance, \$2,500 obo; washer and dryer, \$175. Call 227-9017.

**For Sale:** Two white counter-height compact refrigerators, 34 inches high by 20 inches deep by 20 inches wide, retail value \$120 each, asking \$49 each obo. Call 659-6741.

**For Sale:** Decorations for various occasions, reasonable prices. Call 412-2151.

**For Sale:** Lawnmower with attachments, recent tune-up, \$60; baby backpack on frame, like new, \$30; dog dolls, porcelain with clothes, 24 inches tall, \$95; ballet picture, framed, numbered, 3 feet by 3 feet,

\$95; framed Korean flag, 3 feet by 3 feet, \$95. Call 633-3859.

**For Sale:** 1962 Nova, four-door, new parts, engine runs, \$1,500 obo; front grill for full-size truck, \$150; 80-gallon air compressor, \$850; antique Honda motorcycle, \$300 obo. Call 440-5062.

**For Sale:** wood coffee table, \$95; riding lawnmower, \$495; bikes, \$35 each; Cardiogliders exerciser, \$175; giant custom-made pet house, \$175 obo. Call 633-2247.

**For Sale:** Office desk, \$50; double chair, \$30; solid oak antique table, \$75; two antique large iron wheels, \$50; pipe roofing, \$1 each. Call 550-7371.

**Yard Sale:** Two Family yard sale Nov. 7, 7 a.m.-3 p.m., 3121 Hardee Rd., Fort Sam Houston.

**To place a Freebie ad e-mail** [news.leader@conus.army.mil](mailto:news.leader@conus.army.mil) or fax 221-1198.

## AMEDD BAND HOSTS CONCERT AT BOTANICAL GARDENS

Spend an evening with Los Curanderos "The Healers," members of the Army Medical Command Band, and enjoy a variety of Jazz, Blues, Latino, R&B and Country music at the San Antonio Botanical Gardens Nov. 5. Doors open at 5 p.m. Bring lawn chairs or a blanket, tour the gardens and view the "Big Bugs" exhibit. The bugs stand as tall as 25 feet. Free and open to the public.



**BIG BUGS**



**"LOS CURANDEROS"**



### AUSA Luncheon

The Association of the United States Army will host a luncheon Nov. 6 at 11:30 a.m. at the Sam Houston Club. For more information, call the Sam Houston Club at 224-2721.

### Randolph Air Show

Randolph Air Force Base will host an air show Nov. 7-8 from 9 a.m.-5 p.m. Air show is free and open to the public. For DoD cardholders only, Gary Sinise and the Lt. Dan Band will perform at 6 p.m., Nov. 6, at the West Flight Line Ramp. For more information, call 652-7469.

### Veterans Day Wreath Laying Ceremony and Day Parade

A Veterans Day parade and wreath-laying ceremony will be held Nov. 7 at 11 a.m. at the Alamo, 300 Alamo Plaza. The parade begins at noon and marches through downtown San Antonio. For more information, visit [www.usmvp.org](http://www.usmvp.org). Free and open to the public.

### Tops in Blue

The U.S. Air Force Services presents Tops in Blue, a musical tribute to 60 years of proud Air Force history, Nov. 10 at 7:30 p.m. in the Municipal Auditorium. Doors open at 6:30 p.m. For more information, call 999-8117 or visit [www.topsinblue.com](http://www.topsinblue.com). Free and open to the public.

### FSH Veterans Day Ceremony

The Fort Sam Houston's Veterans Day ceremony will be Nov. 11 at 9:30 a.m. at the Fort Sam Houston National Cemetery, 1520 Harry Wurzbach Road. Keynote speaker is Reverend Buckner B. Fanning. Ceremony includes a wreath and banner presentation, gun salute, a tribute to veterans from the Native American community, and music from the U.S. Army Medical Command Band and the Texas Children's Choir. Free and open to the public.

### Buffalo Soldier Commemorative Ceremony

A Buffalo Soldier Commemorative ceremony will

be held Nov. 11 at 1:30 p.m. at the San Antonio National Cemetery, 517 Paso Hondo St. Speakers are retired Brig. Gen. Toresaser Steele and Reverend Dr. Curtis Michael. Free and open to the public.

### San Antonio Symphony Concert

A Veteran's Day Concert will be held Nov. 11, 7 p.m. at the Municipal Auditorium, 100 Auditorium Circle, San Antonio. Ken-David Masur will conduct the orchestra. For more information, call the San Antonio Symphony box office at 554-1010. Event is free and open to the public.





# REMINDER CALENDAR

- Nov. 5** "Los Curanderos" U.S. Army Medical Command Band concert, 5 p.m., San Antonio Botanical Gardens
- Nov. 5** Fort Sam Houston Health Benefits Fair for Brooke Army Medical Center employees, 10:30 a.m.-3:30 p.m., BAMC Medical Mall
- Nov. 6** Warrior Monthly Golf Scramble, 1:30 p.m., Fort Sam Houston Golf Club, \$25 entry fee
- Nov. 7** Retiree Appreciation Day, 8 a.m.-1 p.m., Willis Hall, Army Medical Department Center and School, Building 2840.
- Nov. 7** Post-wide Yard Sale
- Nov. 7** 9th annual Veterans Day Parade, Downtown S.A.
- Nov. 7** 4th ECS change of command ceremony, 11 a.m., post flagpole
- Nov. 10** Tops in Blue concert, 7:30 p.m., Municipal Auditorium
- Nov. 11** Veterans Day Holiday
- Nov. 11** Veterans Day Ceremony, 9:30 a.m., Fort Sam Houston National Cemetery
- Nov. 11** Buffalo Soldiers Commemorative Ceremony, 1:30 p.m., San Antonio National Cemetery
- Nov. 11** San Antonio Symphony Concert, 7 p.m., Municipal Auditorium
- Nov. 12** Commander's Training, 8-10 a.m., Army Community Service
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# Community

## Announcements

### Gas discount at shoppettes

On Veterans Day, Nov. 11, military shoppers using their Military Star<sup>SM</sup> Card at the Fort Sam Houston Walter's and Schofield Shoppettes can take advantage of 11 cents off per gallon of fuel. From Nov. 30-Dec. 4 as well as Dec. 28-Jan. 1, the savings soar to 20 cents per gallon for those purchasing with their Military Star<sup>SM</sup> Card. Exchange shoppers can learn more about the Military Star<sup>SM</sup> Card by logging on to [www.aafes.com](http://www.aafes.com) and clicking the Military Star<sup>SM</sup> Card icon.

### Scholarships for military children

The Scholarship for Military Children Program can help with a \$1,500 scholarship. Contact your local commissary, school guidance

counselor, or visit the program Web site at [www.militaryscholar.org](http://www.militaryscholar.org) or [www.commissaries.com](http://www.commissaries.com). Applications deadline is Feb. 17. Call 221-4678 ext. 249.

### Red Cross volunteers needed

The American Red Cross Office, Building 2650, at the corner of Patch and Harney roads is seeking volunteers to do filing, mailings, answering the telephone, and other duties as requests arise. Caremobile drivers are also needed. Call 221-3355.

### Diabetes research study

The Wilford Hall Medical Center Bariatric Surgery Clinic is now enrolling volunteers in the study "Sleeve gastrectomy vs. medical management for remission of diabetes in mild to moderately obese patients." Candidates to volunteer must have Type 2 diabetes with a

Body Mass Index of 30 to 34.9. Individuals can calculate their BMI at [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi). Call 292-4303 for more information.

### NCO Wives Club

The NCO Wives Club meets the first Tuesday of each month at 10:30 a.m. at the Sam Houston Club. Active duty and retired spouses are welcome to join. Call 386-8265 or 314-6377.

### Cloverleaf Communicators Club

Meets the first and third Thursday, 11:45 a.m.-1 p.m. at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members interested in developing and enhancing leadership and communications skills. Call 221-8785, 221-6517 or 916-3406.

### Foster homes needed for military working dogs

Department of Defense Military Working Dog Breeding Program seeks foster homes for military working dogs. Call 671-3686 or visit

[www.lackland.af.mil/units/341stmw/index.asp](http://www.lackland.af.mil/units/341stmw/index.asp).

### BAMC seeks volunteers

Volunteer positions are available for the Caremobile, Kernel Club, Patient Library or Patient Transport Program teams. Additionally, volunteer positions are available on the clinic and patient administration staff. For more information on BAMC volunteer opportunities, call 808-4982.

### Texas Challenge Academy

Texas Challenge Academy, an education program of the Texas National Guard, gives youth 16 to 19-years-old who have dropped out, or are in danger of dropping out of high school, a second chance at success. This quasi-military high school focuses on helping cadets recapture high school credits, earn their GED, or, in some cases, earn their high school diploma. The 17-month program is sponsored by the state and federal government; there is no cost to the family. Applications are now

See **COMMUNITY P25**

**COMMUNITY from P24**

being taken for the January class. Visit [www.ngycp.org/state/tx](http://www.ngycp.org/state/tx) to apply.

**Outward Bound offers free outdoor adventures to Soldiers**

Outward Bound offers war veteran Soldiers free outdoor adventure expeditions, thanks to support from the Sierra Club, the Anschutz Foundation and the Disabled American Veterans. Expeditions are five to eight days and include rafting, backpacking, rock climbing and more. Airfare is also covered. Soldiers must complete an application and pass a medical examination. Call 866-820-9577 Monday through Friday between 9 a.m.-6:30 p.m. or visit [www.outwardbound.org](http://www.outwardbound.org).

**Adolescent Weight Loss Program**

Are you an overweight teen? The Brooke Army and Wilford Hall Medical Centers seek overweight military dependent adolescents between the ages of 12 and 18 to participate in a free weight management intervention study. The 12-month adolescent obesity study incorporates professional medical attention, behavioral therapy, nutritional counseling and medication for weight loss at no cost to participants. For more information, call 916-0607.

**“Salute to Military Flight” exhibit**

A “Salute to Military Flight” exhibit will be held through July 4, 2010 at the Institute of Texan Cultures, 801E Durango Blvd. The hours are Monday-Saturday, 10 a.m.-5 p.m. and Sunday 12-5 p.m. Cost is \$8/Adult, \$7/Seniors 65 and older, \$6/Children 3 to 11 years old. Call 458-2300 or visit [www.texan-cultures.com](http://www.texan-cultures.com).

**Secretary of Defense Employer Support Freedom Award**

National Guard and Reserve members and Families are encouraged to nominate employers who have provided exceptional support of military employees above the federal law requirements. Nominations will be accepted at [www.FreedomAward.mil](http://www.FreedomAward.mil) by Jan. 18.

**Calendar of Events**

**NOV. 6  
Lebanese Festival**

A Lebanese Festival will be held Nov. 6-8 on the grounds of St. George Maronite Church, 6070 Babcock Road. Activities include food, music, dancing, games and kids activities, a bazaar, raffles and door prizes. Festival hours are Friday 6-11 p.m., Saturday noon-11 p.m. at Sunday noon-6 p.m. Tickets are \$3, children under 12 years old \$1 and parking is free. Call 690-9569 or visit [www.stgeorges.org](http://www.stgeorges.org).

**NOV. 7  
Donate items for deployed troops**

The Blue Star Mothers Inc., Chapter 4 will be collecting items to send to troops currently deployed to Iraq and Afghanistan Nov. 7, 9 a.m.-6 p.m. at Red McComb's, IH-10 at Callaghan. Call 865-3707.

**Rio Cibolo Ranch Walk**

The LoneStar Walkers volksmarch club will host 5K, 6K, 10K and 11K walks Nov. 7 starting at the Zuehl's Hall, Rio Cibolo Ranch, 1101 Ulrich Rd., Marion, Texas. Start the walks between 8 a.m. and noon, finish by 3 p.m. Call 830-980-5723, e-mail [swrd@gvtc.com](mailto:swrd@gvtc.com) or visit [www.ava.org](http://www.ava.org).

**NOV. 8  
20th Anniversary Fall of the Berlin Wall/60th Anniversary of the Berlin Airlift**

A celebration commemorating the 20th anniversary of the fall of the Berlin Wall and the 60th anniversary of the Berlin Airlift will be held Nov. 8 from 11 a.m.-5 p.m. at the Beethoven Maennerchor Garten and Halle, 422 Pereida, San Antonio. For more information, call 454-7742.

**NOV. 9  
POW/MIA Remembrance Candlelight Service**

A tribute to American Prisoners of War or Missing in Action will be held Nov. 9 at 7 p.m. at the Cibolo Valley VFW Post 8315, 1000 FM 78, Schertz, Texas. The public is invited to attend. For more information, call 658-6325.

**NOV. 11  
Veterans Day Dinner on the House**

On Veterans Day all Applebee's Neighborhood Grill & Bar restaurants will honor U.S. veterans and active duty military, with proof of current or former U.S. military service, with a free entrée from a selection of six signature favorites. This special offer will be available lunchtime through the dinner hours for dine-in guests nationwide. For complete details visit [www.applebees.com](http://www.applebees.com).

**Free wedding gowns for military brides**

Brickhouse Bridal, 200 Valleywood Dr., Suite A300, Spring, Texas, will join Brides Across America and give away designer wedding gowns to military brides-to-be Nov. 11. Call 281-681-3430 or visit [www.bridesacrossamerica.com](http://www.bridesacrossamerica.com).

**NOV. 16  
Warrant Officer Association meeting**

The Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will meet Nov. 16, 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. All active duty, retired, Reserve, National Guard warrant officers and Family members of current or retired warrant officers are invited. For more information, call 295-6596 or 666-9818.

**DEC. 3  
CivilianJobs.com Career Expo**

The CivilianJobs.com Career Expo will be held Dec. 3, 10 a.m.-2 p.m. at the Sam Houston Club, 1395 Chaffee Road. All military and prior military may pre-register at [www.civilianjobs.com](http://www.civilianjobs.com) to be matched with companies based on career goals and geographical preferences. For more information, call 1-678-819-4172 or visit [www.civilianjobs.com](http://www.civilianjobs.com).

**DEC. 11  
AMEDDC&S Holiday Ball**

The Army Medical Department Center and School will hold the 2009 Holiday Ball Dec. 11 at the Sam Houston Club. Tickets are \$38 per person. For more information, call 221-3899.



**Main Post Chapel, Building 2200, 221-2754**

**Catholic Services:**  
4:45 p.m. - Reconciliation - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays  
**Protestant Services - Sundays:**  
8 a.m. - Collective Protestant  
11 a.m. - Collective Protestant  
**Jewish Services:** 379-8666 or 493-6660  
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

**Dodd Field Chapel, Building 1721, 221-5010 or 221-5432**

**Catholic Services:**  
9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

12:30 p.m. - Mass - Sundays  
**Protestant Services:**  
10:30 a.m. - Gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided  
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided  
**Samoan Protestant Service:**  
8:30 a.m. - Sundays

**Brooke Army Medical Center Chapel, Building 3600, 916-1105**

**Catholic Services:**  
8:30 a.m. - Mass - Sundays  
11 a.m. - Mass - Sundays  
**Protestant Services:**  
10 a.m. - Worship Service - Sundays

Web site: [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)

**Episcopal/Lutheran Rite services:**  
12:30 p.m. - Traditional worship - Thursdays

**Center for the Intrepid, first floor, 916-1105**

**Christ for the Intrepid services:**  
5:30 p.m. - Coffee and fellowship - Sundays  
6 p.m. - Contemporary worship - Sundays

**AMEDD Regimental Chapel, Building 1398, 221-4362**  
**32nd Medical Brigade Student services**  
**Catholic Mass:** 8 a.m. - Sundays  
**Contemporary Protestant Service:**  
9:20 a.m. - Sundays

**1101 Service:** 11:01 a.m. - Sundays  
**Muslim Jumma:** 1:30 p.m. - Fridays

**Installation Chaplain Office, Building 2530, 221-5007**  
**Church of Jesus Christ of Latter Day Saints:**  
8:30 a.m. - Sundays



## Religious Briefs

### Journey to Bethlehem volunteers needed

Journey to Bethlehem is an exciting Christmas activity hosted by the Fort Sam Houston Chapel Community on the grounds of the Main Post Chapel Dec. 17-19, 5:30-8:30 p.m. We invite all members of our community to join us for an interactive experience of what Bethlehem Village might have been like around the time of Jesus' birth. Planning and training has started, but it takes many volunteers to make this event successful. We need your help. If you would like to help, call 221-5006 or e-mail [wafford1@aol.com](mailto:wafford1@aol.com).

### PEDIATRICS from P8

transition is complete:

- Building 1: Exceptional Family Member Program, Child and Adolescent Psychology Services
- Building 3: General Pediatrics Clinic
- Building 5: Well-Baby Clinic, Pediatrics Immunization, and Developmental Pediatrics and Speech
- Building 8: Adolescent Medicine Clinic

### Cadence youth program

Cadence Responding to God's Call is a Fort Sam Houston Youth Ministry program for children sixth to 12th grades. This ministry is ecumenically based and focuses on faith development, fellowship and fun. There will be a Veterans Day event Nov. 11 from 10 a.m.-1:30 p.m. featuring a mobile entertainment theater, giant hamster ball, games and fellowship. All are welcome to attend. The middle school group meets Tuesdays from 4-5:30 p.m. and the high school group meets Wednesdays from 7-8:30 p.m. at Dodd Field Chapel, Room 146. There are also monthly and quarterly activities for youth and Families. For more information, call 221-5943 or e-mail [FortSamYouth@aol.com](mailto:FortSamYouth@aol.com).

The Pediatrics Pharmacy will relocate to the BAMC Main Pharmacy, in the first floor of the Medical Mall, Nov. 9 and is scheduled to move to D Lot, Building 1 in December. These services will remain in the D Lot complex until moving to their final location inside of the Consolidated Tower at BAMC once construction is complete in 2011.

Throughout BRAC construction and renovation, patients are encouraged to verify location when making appointments. Call the Consult and Appointment Management Office at 916-9900 for scheduling. For more information on movements at BAMC and WHMC, access the SAMMC Web site at [www.sammc.amedd.army.mil/](http://www.sammc.amedd.army.mil/) and scroll down to BRAC News.